

IMMIGRANT COPING PROCESSES: A QUALITATIVE STUDY OF FILIPINA IMMIGRANTS IN RURAL COMMUNITIES

Catherine Hsieh

Dr. P. Paul Heppner, Dissertation Supervisor

ABSTRACT

This qualitative study investigated the immigrant coping experiences of 16 Filipina women in rural communities using grounded theory methodology. A conceptual model was developed based on themes emerged from the data to describe (a) causal conditions that contributed to Filipina women's immigration decision, (b) contextual influences on challenges faced in the U.S., (c) coping strategies in response to adjustment challenges, (d) outcomes and consequences of on-going coping, (e) central phenomenon of continuous coping, adaptability, and hardship in Filipina immigrants' lives in the U.S. Subcategories and themes of the conceptual model illustrated the cultural context on Filipina immigrants' coping strategies that are reflective of values of acceptance, optimism, strong faith, and interpersonal connectedness. Implications for counseling psychology research and practice are addressed.